

What is claimed is

1. A pharmaceutical composition for preventing or treating climacteric symptoms comprising the *Sophorae Fructus* extract as an effective ingredient.

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2. The pharmaceutical composition of claim 1, wherein said *Sophorae Fructus* extract is prepared by the steps of :

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- (a) adding water to the *Sophorae Fructus* powder, wherein the amount of water is 3 to 20 times as much as the weight of *Sophorae Fructus* powder; and
- (b) hydrothermal extracting the composition of step (a) for 1 to 6 hours to obtain *Sophorae Fructus* extract.

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3. The pharmaceutical composition of claim 1, wherein said *Sophorae Fructus* extract is prepared by the steps of :

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- (a) adding water to the *Sophorae Fructus* powder, wherein the amount of water is 3 to 20 times as much as the weight of *Sophorae Fructus* powder;
- (b) hydrothermal extracting the composition of step (a) for 1 to 6 hours to obtain *Sophorae Fructus* extract; and
- (c) adding amylase or pectinase to the *Sophorae Fructus* extract of the step (b) by 0.01 ~ 1%(v/v), and reacting for 4 ~ 24 hours.

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4. The pharmaceutical composition of claim 1, wherein the climacteric symptom is selected from a group consisting of metabolic bone diseases such as

osteoporosis, lumbago, rheumatoid arthritis, degenerative arthritis, rickets, osteomalacia and Paget's disease of bone, cardiovascular diseases such as angina pectoris and arteriosclerosis, and degenerative neurological diseases such as Parkinson's disease.

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5. A food composition for preventing or improving climacteric symptoms comprising the *Sophorae Fructus* extract of claim 1 as an effective ingredient.

6. The food composition of claim 5, wherein the climacteric symptom is selected from the group consisting of metabolic bone diseases such as osteoporosis, lumbago, rheumatoid arthritis, degenerative arthritis, rickets, osteomalacia and Paget's disease of bone, cardiovascular diseases such as angina pectoris and arteriosclerosis, and degenerative neurological diseases such as Parkinson's disease.

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7. A method of preventing or treating climacteric symptoms, which comprises administering a pharmaceutical composition comprising the *Sophorae Fructus* extract to a subject.

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8. The method of claim 7, wherein the climacteric symptom is selected from a group consisting of metabolic bone diseases such as osteoporosis, lumbago, rheumatoid arthritis, degenerative arthritis, rickets, osteomalacia and Paget's disease of bone, cardiovascular diseases such as angina pectoris and arteriosclerosis, and degenerative neurological diseases such as Parkinson's disease.

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9. The method of claim 8, wherein the climacteric symptom is a metabolic bone disease.

5 10. The method of claim 9, wherein the metabolic bone disease is prevented or treated by stimulating the osteoblast proliferation, the secretion of a growth factor involved in bone reformation, and the generation of nitric oxide in the osteoblast by the administration of the pharmaceutical composition comprising the *Sophorae Fructus* extract to a subject.

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11. The method of claim 10, wherein the growth factor involved in bone reformation is IGF-1 or TGF- β .

12. The method of claim 9, wherein the metabolic bone disease is
15 prevented or treated by inhibiting the secretion of bone-absorptive cytokines or the osteoclast differentiation by the administration of the pharmaceutical composition comprising the *Sophorae Fructus* extract to a subject.

13. The method of claim 12, wherein the bone-absorptive cytokine is IL-1
20 beta or IL-6.

14. A method for preventing weight gaining, which comprises administering the pharmaceutical composition comprising the *Sophorae Fructus* extract to a subject.

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15. Use of the *Sophorae Fructus* extract for the preparation of a medicament for preventing or treating climacteric symptoms.